



SUMMER ACTIVITIES OF 4-6 YEARS KIDS

Day1 :Emotion Ball Toss (Name & Act Emotions)

Objective: Emotional recognition & expression

How to Do:

1. Use a soft ball (sponge or balloon ball).
2. Sit in a circle or toss between two players.
3. The thrower says an emotion (happy, sad, angry, excited).
4. The catcher must act that emotion using their face and voice.
5. Continue with various emotions, encouraging expression and empathy.



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Day 2: Nature Color Hunt

Objective: Observation skills, nature connection, color recognition

How to Do:

1. Give the child a simple chart or paper with colored dots (green, yellow, red, brown).
2. Walk in the garden or balcony, or explore indoors.
3. Find natural or household objects matching each color.
4. Discuss the name, texture, and origin of each object (e.g., "This is a green leaf. It grows on trees.").

Day 3: Puppet Show Time

Objective: Creativity, communication, storytelling

How to Do:

1. Provide old socks, paper bags, glue, markers, and yarn.
2. Help them create a character (add eyes, mouth, and hair).
3. Decide a simple story (e.g., "The Lost Toy", "The Brave Puppy").
4. Use a box or table as a stage and let the child act it out with the puppet.



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Day 4: Kitchen Helper – Fruit Salad

Objective: Sequencing, language development, healthy eating

How to Do:

1. Let your child help wash fruits (banana, apple, watermelon).
2. Assist them in cutting soft fruits using a child-safe knife.
3. Talk through steps: "First we wash, then we peel, next we chop..."
4. Let them arrange and mix the salad.
5. Discuss colors, shapes, and tastes during the process.

Day 5: Animal Walk Race

Objective: Gross motor skills, imagination

How to Do:

1. Mark a starting and finish line.
2. Call out an animal (e.g., "Frog!") — the child must jump like a frog to the finish.
3. Other examples: Crab walk, bear crawl, kangaroo hop.
4. You can also do a "copy me" challenge with each animal.



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Day 6: Make a Feelings Collage

Objective: Emotional vocabulary, fine motor skills

How to Do:

1. Collect old magazines or newspapers.
2. Help child find and cut out faces or images that show feelings.
3. Stick them on a chart paper or A4 sheet.
4. Label each picture (e.g., “happy,” “angry,” “surprised”).
5. Talk about when they last felt each emotion.

Day 7: Mirror Talk Game

Objective: Positive self-image, self-love

How to Do:

1. Stand in front of a mirror with your child.
2. Ask them to smile at themselves and say three positive things:
 - "I am kind"
 - "I love to dance"
 - "I'm a good friend"
3. Model this first so they follow your lead.



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Day 8: Dress-Up & Role Play – Helpers in Society

Objective: Social awareness, empathy

How to Do:

1. Provide costumes (or make simple props) for doctor, teacher, fireman, etc.
2. Set scenes: “Someone is hurt – what will the doctor do?”
3. Let them act out the scenario.
4. Encourage phrases like “Don’t worry, I’ll help you,” or “Time for school!”

Day 9: Treasure Hunt with Clue Rhymes

Objective: Logical thinking, language play

How to Do:

1. Hide 4–5 clues with easy rhymes:
 - “Look where you brush your teeth, your next clue hides beneath.”
2. Let the child decode and move to next clue.
3. Final clue leads to a small surprise (sticker, snack, or toy).



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Day 10: Shadow Puppetry

Objective: Creativity, storytelling, scientific curiosity (light & shadow)

How to Do:

1. In a dark room, use a flashlight against a wall.
2. Create hand shadows (butterfly, bird) or use paper cutouts.
3. Let the child make up stories using shadow characters.

Day 11: Music with Kitchen Sounds

Objective: Rhythm, creativity, auditory awareness

How to Do:

1. Collect safe kitchen items (pots, spoons, rice boxes).
2. Encourage the child to tap, shake, and beat them.
3. Create a rhythm pattern (e.g., tap-tap-shake).
4. Turn it into a small musical show or a 'sound band.'



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Day 12: Rainbow Bubble Experiment

Objective: Science curiosity, sensory play

How to Do:

1. Mix dish soap, water, and food color.
2. Use a straw or bubble wand to blow bubbles.
3. Let kids observe color patterns, reflections, and discuss shapes/sizes.
4. Talk about what makes bubbles and why they float.

Day 13: Create a 'Feelings Garden'

Objective: Emotional awareness + Art

How to Do:

1. Draw or cut out paper flowers.
2. Write an emotion in the center of each (joy, anger, jealousy).
3. Decorate with colors that match the feeling (red for anger, pink for love).
4. Ask: "When do you feel this emotion?" and place them in a paper 'garden.'



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Day 14: Dance Freeze with Moral Stories

Objective: Listening skills, values learning, physical activity

How to Do:

1. Play upbeat music and dance freely.
2. Stop music suddenly—everyone freezes!
3. Ask child to say 1 moral line:
 - “Always tell the truth”
 - “Sharing is caring”
4. You can take turns sharing short stories behind the values.

Day 15: Celebration Day – Dress like a Star & Share Best Activity

Objective: Self-expression, memory recall, public speaking

How to Do:

1. Let your child dress up like their favorite character (fairy, superhero, animal).
2. Help them recall and explain their favorite activity from past 15 days.
3. Record a short video of them sharing their experience.
4. Celebrate with claps, hugs, and maybe a certificate or sticker!



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